



USER MANUAL & SAFETY RULES

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WARNING

The products sold by SmartWorkout, including fitness equipment, weightlifting equipment, muscle resistance bands, resistance bands, and all other products, can cause serious injuries if used incorrectly or if not properly installed. Training or using equipment provided by SmartWorkout is done at your own risk. Make sure to consult a qualified medical professional before engaging in any sports activities.

By purchasing, using, providing, or allowing the use of SmartWorkout products, you understand and agree that the activities mentioned above, and any other activity involving the use of equipment sold by SmartWorkout, are high-risk activities, and to the extent permitted by law, you expressly and voluntarily assume the risk of death or other personal injuries incurred during your participation in these activities, whether or not caused by SmartWorkout's negligence, including but not limited to equipment malfunction, improper installation of a product provided by SmartWorkout, or any other faults of SmartWorkout.

INSPECTION BEFORE EACH USE

Resistance bands can deteriorate over time with persistent use. You are responsible for inspecting each band before use, especially with consistent use or vigorous activity, to ensure its integrity. Pay attention to signs of wear such as abrasions on the surface of the bands, cracks, or tears. If you observe these signs or any other common signs of damage, do not use the bands.

GENERAL DISCLAIMER

The exercise demonstration videos may show the model not adhering to safety rules or performing high-risk exercises. These videos are for demonstration purposes only and do not negate the importance of following the safety rules mentioned above.

INTRODUCTION & FIRST USE

Whether you're commencing strength training, enhancing your current regimen, or recovering from an injury, SmartWorkout gear will aid your advancement toward muscle-building objectives. We applaud your dedication to your fitness voyage.

Before starting to use SmartWorkout equipment, **please read our safety rules carefully to ensure that you use the equipment correctly.**

CONTENTS OF THE ELITE SET



- 7 resistance bands,
- 1 bar,
- 1 pair of handles,
- 1 pair of ankle straps,
- 1 door anchor,
- 4 carabiners, attached to the handles and ankle straps.
- Optional: 1 anywhere anchor

Upon receipt, the carabiners are attached to the handles and ankle straps, but they can also be used with the bar.

SAFETY RULES



TRAINING WITH SHOES

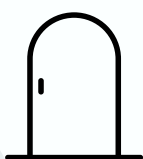
We advise exercising with **footwear** for the subsequent reasons :

- 1.It will simplify blocking the resistance band beneath your feet.
- 2.Footwear will offer safeguard in case the resistance band happens to slip or tear, even though this is highly improbable.



MAXIMUM STRETCHING OF THE RESISTANCE BAND

Our resistance bands can extend up to 4 times their original length (1.20m x 4). It's at this point that their resistance is maximum (as indicated on the band). Stretching them beyond this limit can weaken them, causing a loss of resistance and an increased risk of tearing. **Always prioritize higher resistance over excessive stretching, especially during exercises using the door anchor.**



SUPPORT: FEET, DOOR ANCHORS, ANYWHERE ANCHORS, OR SMOOTH AND ROUND POLE

We advise using the resistance bands exclusively with the door anchor, anywhere anchor, or by securing them with your feet. If you use a pole, ensure it has a sufficiently large diameter (minimum 5cm) and a smooth, round surface to prevent damage to the bands. Avoid using wooden poles or rectangular bars, as splinters from the former and sharp angles of the latter can lead to band damage.

MAXIMUM RESISTANCE TO BE RESPECTED



THE ACCESSORIES CAN SUPPORT A MAXIMUM RESISTANCE OF 100 KG

The XL door anchor, anywhere anchor, ankle straps, and handles can support up to 100 KG of resistance. For loads exceeding 100 KG, you should utilize the bar, designed for heavier loads.



THE MAXIMUM RESISTANCE FOR SQUATS IS 100 KG AND 120 KG FOR LUNGES

Squats with a higher load can be hazardous as the resistance bands are stretched to their maximum, and the bar is close to the face. If 100 KG for squats isn't sufficient, we recommend replacing this exercise with unilateral lunges, which can be performed with up to 120 KG of resistance.



MAXIMUM RESISTANCE OF 200 KG FOR BENCH PRESS, ROWING, AND DEADLIFT EXERCISES WITH THE SMARTWORKOUT BAR

In contrast to squats, the pressure points of the resistance bands on the bar are distributed along its length as the bands wrap around it. Consequently, the bar is much more stable. You can safely use up to 200 KG for these exercises without risking injury.



WARNING

Failure to adhere to the rules of use can make SmartWorkout equipment usage hazardous. SmartWorkout disclaims any responsibility if you fail to follow the rules of use and injure yourself or damage the equipment. Damages to the equipment resulting from non-compliance with the rules will not be covered by the SmartWorkout warranty.

FIXATION OF THE RESISTANCE BANDS

Each resistance band has two steel rings that attach to accessories (SmartWorkout bar, handles, and ankle straps) using large carabiners. Upon receipt, the carabiners are already attached to the handles and ankle straps.



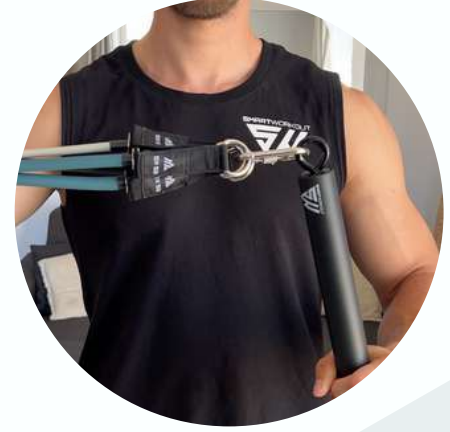
TO ATTACH YOUR RESISTANCE BANDS TO THE ACCESSORIES



1. Open the carabiner using your thumb.



2. Slide in the desired number of resistance bands.



3. Attach the carabiner to the accessory you want to use.



[Click here to watch the explanation video](#)

⚠ Before starting an exercise, always ensure that the carabiner is securely closed. The bar ends, in particular, can exert pressure on the carabiner's opening, potentially causing it to jam while remaining open.

DOOR ANCHOR

The XL door anchor (included in your Elite set) allows you to replicate a real pulley system at home. This anchor is capable of supporting **up to 100 kg of resistance**.



It can be used in 3 different ways :

- At the top of the door (e.g., Triceps Extension, Face Pull, ...)
- In the middle of the door (e.g., Standing Press, Horizontal Row, ...)
- At the bottom of the door (e.g., Donkey Kick, Biceps Curl, ...)



To safely use the XL door anchor, **always position yourself on the opposite side of the door opening and consider locking it to prevent accidental opening during exercise.**

FOR USE DOOR ANCHOR



1. Place the anchor in the desired location - with the foam facing away from you - and close the door.

2. Pass the desired number of resistance bands through the loop of the anchor.

3. Attach your accessories to the resistance bands.



[Click here to watch the explanation video](#)

ANYWHERE ANCHOR

The Anywhere Anchor is an accessory (optional in the SmartWorkout Elite set) that allows you to recreate a pulley system outdoors without using a door. It's not advisable to directly attach the resistance bands to a support like a pole, as it may cause abrasion on the bands and, over time, lead to breakage (see the next page).

FOR USE ANYWHERE ANCHOR



1. Wrap the anywhere anchor around the desired support (pole, bar, etc.).



2. Thread the end of the anywhere anchor (where the protective fabric is sewn) through the small loop.



3. Pull the end towards you to tighten the loop around the support.



4. Pass the resistance band through the end of the loop thus formed.

ANKLE STRAPS

Ankle straps are useful for performing lower body isolation exercises or working on abs. They are often used with the door anchor or the anywhere anchor.



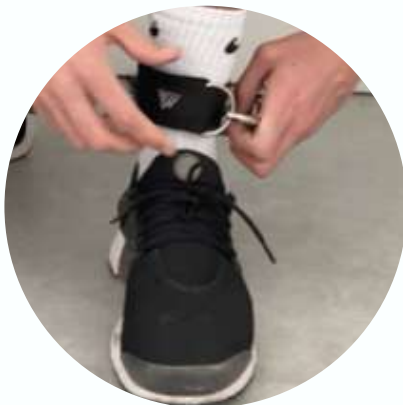
FOR USE ANKLE STRAPS



1. Open the ankle strap, place it around your ankle, and fasten it closed using the Velcro strap.



2. Attach the carabiner to the ring of the ankle strap.



3. Attach both ends of the resistance band to the carabiner, after passing the resistance band through the door anchor or anywhere anchor if necessary.



[Click here to watch the explanation video](#)

SMARTPRESS



SmartPress is a strength training equipment consisting of 6 short resistance bands (3 on each side) connected to a foam frame. It has been designed **to optimize chest and back workouts** using resistance bands, allowing exercises such as bench press, weighted push-ups, flyes, and rowing movements.

The 3 added benefits of SmartPress are :

- Early resistance engagement due to the shorter resistance bands.
- Safe positioning of the bands behind the back with the foam frame, preventing injuries.
- Secure placement of the bands under the feet to prevent slipping.

Resistance :

- The white resistance band: 10 kg each
- The black resistance band: 15 kg each
- The blue resistance band: 20 kg each

This adds up to 45 kg on each side, totaling 90 kg.

It's worth noting that the maximum resistance is felt at the end of the movement. You can adjust the resistance by removing some resistance bands by gently pulling them out of the black blocks.

SmartPress can be used in two ways: by directly holding the handles or with the bar by sliding it into the handles.

Soft handles, can be held directly or used to secure the bar

Foam frame, to be secured behind the back or under the feet



The resistance bands are covered by a cover

Blocks, they hold the resistance bands in place and allow for resistance adjustment

SMARTPRESS

EXERCISES ACHIEVABLE WITH SMARTPRESS INCLUDE

Note: Pushing and pulling exercises can also be performed with the SmartWorkout bar.

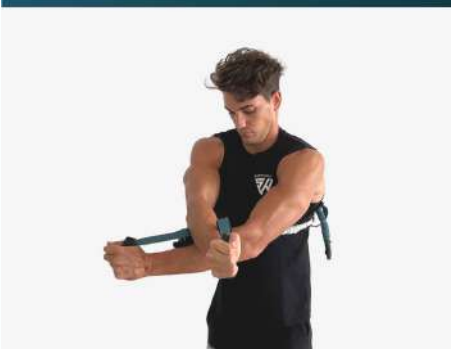
CHEST PRESS



INCLINE PRESS



CHEST FLIES



WEIGHTED PUSH UPS



BENT OVER ROW



SEATED ROW



TIPS FOR OPTIMIZING MUSCLE GAIN

1 Feel the tension from the beginning of the movement

Position the resistance bands in a way that you feel tension from the beginning of the movement. The bands **should be pre-stretched before starting the exercise.**

Keep your muscles under tension throughout your set.



2 Choose a high resistance

Mechanical tension (applying resistance to the muscle) is the most important factor for hypertrophy, so choose **a high resistance and increase it regularly.**

At the same time, aim to approach muscular failure at the end of each set, within 1 or 2 repetitions. For example, if you are performing a set of 10 repetitions, select a weight that allows you to perform a maximum of 11 or 12 repetitions.

3 Prioritize exercises where the position is stable

Prioritize exercises where you have stability, especially when using high resistance.

Improved stability will help you recruit more strength and therefore develop more muscle.

Note that unstable exercises (often more functional) also have their utility and can be beneficial in your sports practice.

4 Control the movement

Control your movement during the eccentric phase (after the contraction).

If you release the bar abruptly during the descent, your muscles will only be engaged during the concentric phase.

Control the descent and hold the eccentric position for at least 1 second.



[Click here to watch the explanation video](#)

STORING YOUR RESISTANCE BANDS

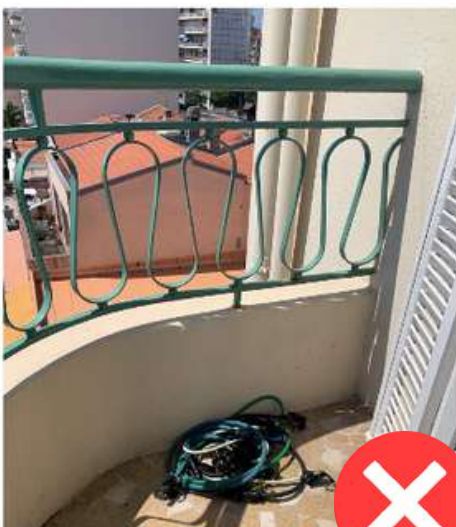
To ensure a long lifespan for your resistance bands, proper care is essential. Over time, these bands can oxidize and become more fragile. This oxidation occurs due to prolonged and repeated exposure to external factors like humidity, wind, heat, cold, and even ambient air.

To maintain the durability of your resistance bands, it's advisable to store them carefully in the designated compact bag after use and keep them indoors, rather than leaving them outside. It's worth noting that resistance bands don't immediately wear out with outdoor use, as they are designed for such conditions.

Additionally, over time, your resistance bands might experience a slight loss of color. This results from the talcum powder used in the manufacturing process, which can sometimes appear on the colored surface of the latex. This whitish appearance is purely aesthetic and doesn't affect the quality of your bands.

If you wish to clean your resistance bands and restore their color, [silicone lubricant sprays](#) are available, starting from £5 on Amazon UK.

Click on the link to order your silicone oil and restore your bands

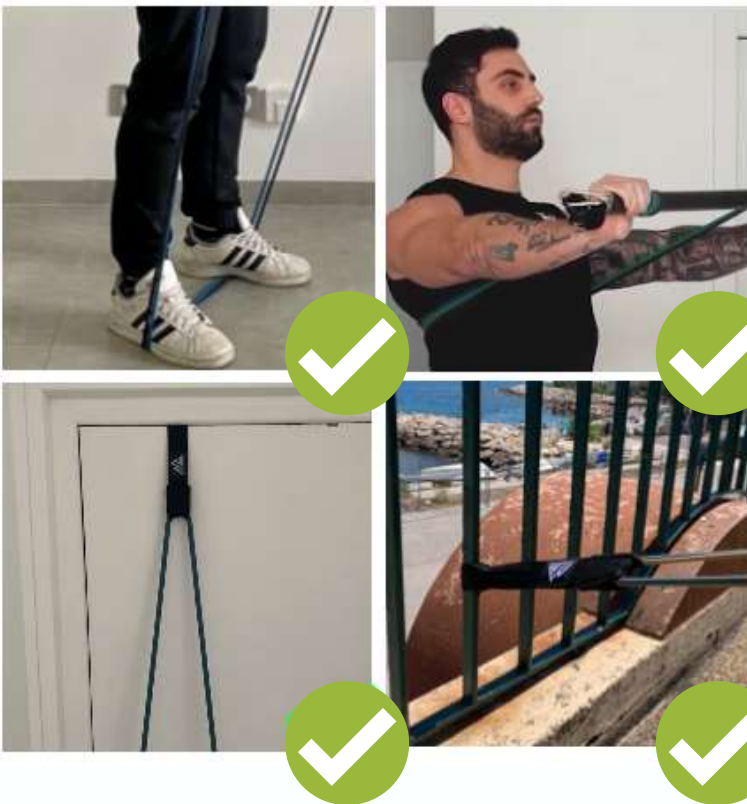


SECURING YOUR RESISTANCE BANDS

To prevent tearing your resistance bands, **it's recommended to use them exclusively with your feet, back, the door anchor, or the anywhere anchor.**

The anywhere anchor is an accessory designed for stabilizing and attaching your bands to various **surfaces, even rough ones, without causing damage or weakening them.**

In the case of larger surfaces like a pole, where the anywhere anchor may be too small for use, ensure the diameter is sufficiently large (min. 5cm), and the surface is smooth and round to avoid harming the bands. It's best to avoid wooden poles or rectangular bars, as splinters from the former and sharp edges of the latter can potentially lead to band tears.



EXERCISES TO BE PERFORMED WITH CAUTION

Here are four exercises where the resistance bands are significantly stretched, requiring attention to specific setup points : **Overhead Press, Deadlift, Squats & Exercises with Anchor.**

For other exercises like chest press, biceps curl, etc., simply ensure that the resistance band isn't stretched more **than four times its initial size.**

1. OVERHEAD PRESS



In this exercise, the resistance bands are **highly stretched as you lift the bar above your head.**

To preserve your resistance bands and prevent excessive stretching (more than four times their original size), **never position your feet wider than the width of your torso.** Instead, keep your feet close together on the bands.



If you are taller than 1.90 meters, perform this exercise by anchoring the resistance bands with only one foot to minimize stretching.



EXERCISES TO BE PERFORMED WITH CAUTION

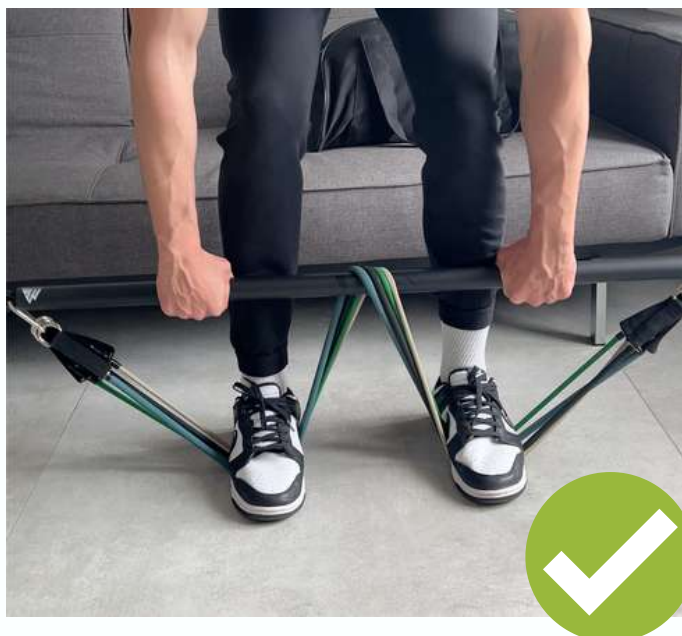
2. DEADLIFT

Correction: When setting up for the deadlift exercise, foot positioning is crucial to avoid overstretching or damaging the resistance bands.

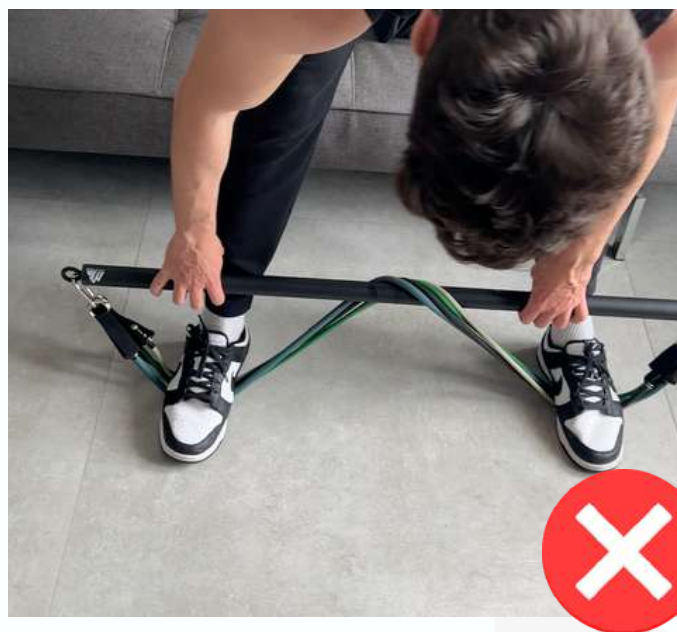
Setup: Pass the resistance bands over the bar to form two distinct loops, then **position your feet at the center of each loop for stability**. If you place your feet towards the ends of the loops instead of the center, the resistance bands will be overly stretched and there is a risk of them breaking.

Note: The same instructions apply to the bent-over row exercise.

Good execution: The feet are positioned at the center of the loops.



Poor execution: The feet are positioned at the ends of the loops.



EXERCISES TO BE PERFORMED WITH CAUTION

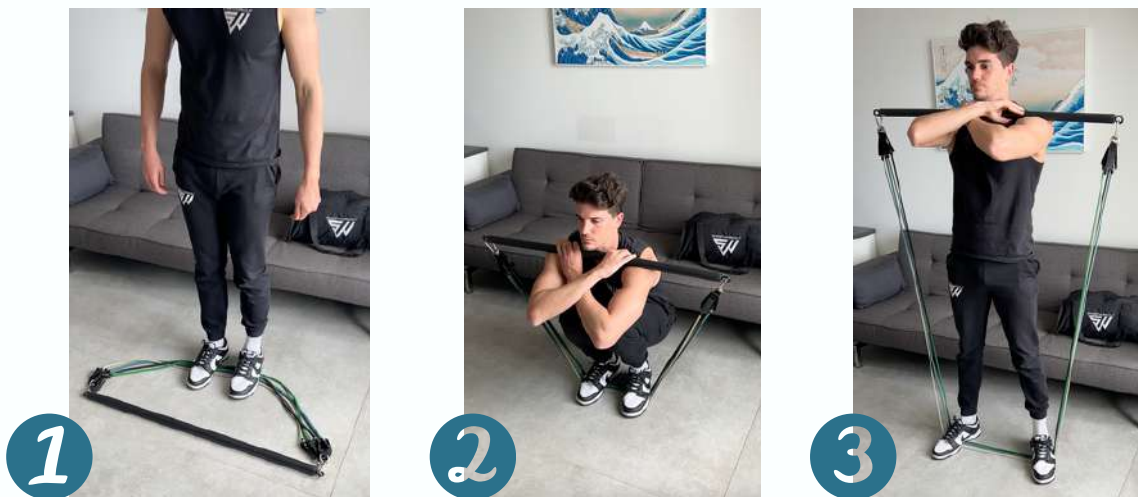
3. SQUAT

Similarly, foot placement is very important when performing squats.

The setup for squats is done in 3 steps:

1. Secure the resistance bands with your feet together.
2. Squat down and place the barbell on your shoulders.
3. Stand up and, once you are fully upright, position your feet at approximately shoulder-width apart, adjusting as needed based on your comfort.

It is essential to maintain proper foot placement throughout the squat to ensure stability and proper execution of the exercise.



By spreading your feet apart only after the resistance bands are stretched (in the standing position), you distribute the stretching of the bands evenly along their entire length rather than concentrating it only on the sides. This helps to minimize strain on the bands and reduce the risk of damage.



If you are taller than 195 centimeters (6'5) we recommend replacing squats with lunges and securing the resistance band with only one foot.

EXERCISES TO BE PERFORMED WITH CAUTION

4. EXERCISES WITH PULLEY

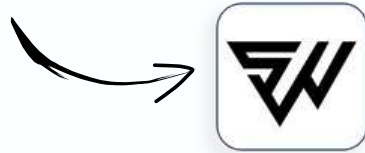


In order to avoid unnecessarily stretching your bands and maintain a stable position, do not move more than 2 meters away from the attachment point (you can count 2 steps between you and the attachment point).



SMARTWORKOUT APPLICATION

The SmartWorkout app is available in English on iOS and Android. To download it, search for "SmartWorkout - ENG" in the App Store or Google Play and select the application with our logo.



Alternatively, click here to download the app from the App Store or Google Play :



1. CREATE YOUR ACCOUNT TO ENJOY ALL THE FEATURES OF THE APPLICATION FOR FREE

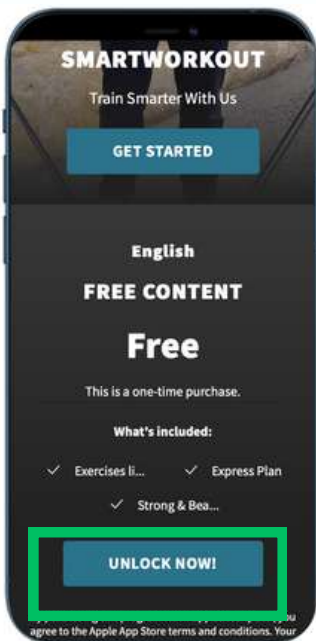


While creating an account is not mandatory, it is recommended to create one in order to unlock all tracking functions.

To create your account, go to the "**LOGIN**" tab and click on "**SIGN UP**".

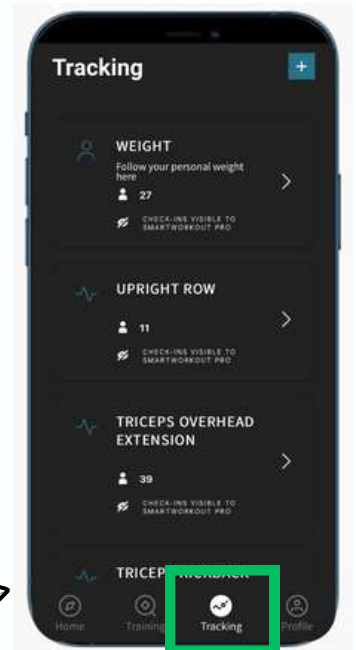
Enter your email address and password, confirm your password once again, and click on "**SIGN UP**". Your account has been created.

SMARTWORKOUT APPLICATION

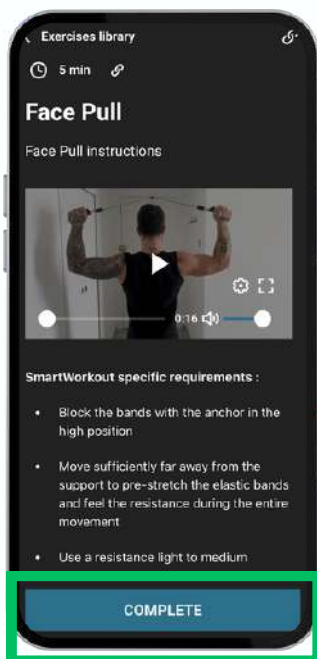


After creating your account, go to the "HOME" tab and unlock the free content by pressing the "UNLOCK NOW" button under "Free Content".

The "Tracking" tab is now available !



2. "TRAINING" TAB

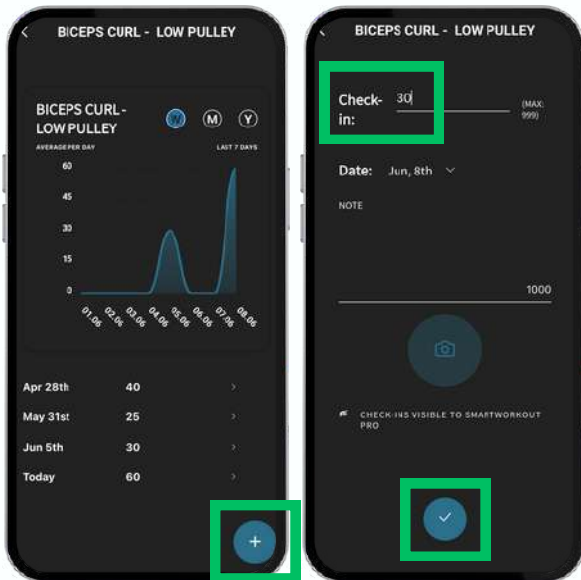


The exercise library and training plans are available under the "Training" tab.

- Exercise library: Exercises are categorized by muscle group. Each exercise is accompanied by a demonstration video.
- Training plan: At the end of a session, you can press the "COMPLETE" button to indicate that the session is finished and to easily track your progress.

SMARTWORKOUT APPLICATION

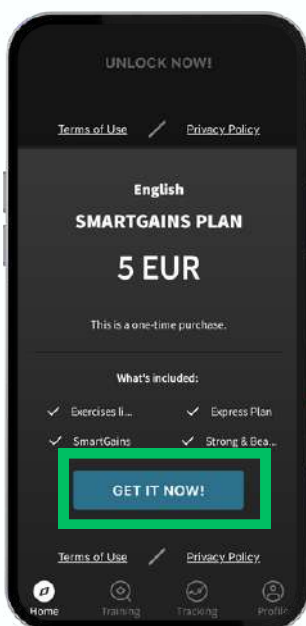
3. "TRACKING" TAB



The "Tracking" tab allows you to enter the resistance used for each exercise and easily track your performance.

To record a performance, go to the "Tracking" tab, select the desired exercise, and click on the "+" button at the bottom right. Enter the resistance next to "Check-In", ensure that the date corresponds to when you performed the exercise, and then press the checkmark symbol "✓" at the bottom of the screen. If desired, you can add a note, for example, to indicate the level of difficulty encountered.

4. SMARTGAINS PLAN (+5 €)



SmartGains is a hypertrophy program designed to help you gain maximum muscle mass using resistance bands over a period of 9 weeks. It follows a "Push / Pull / Legs" format with 5 sessions per week and consists of 3 cycles to optimize mass gain. The first cycle focuses on higher rep ranges with moderate resistance, while the final cycle emphasizes shorter reps with higher resistance.

If you're interested in this program, you can unlock access directly within the application for a one-time payment of €5.00. To do so, go to the "Home" tab and press the "GET IN NOW" button. Complete the payment using your smartphone. Once the payment is successfully processed, the content of the SmartGains program will be unlocked.

WARRANTY PROCEDURE

Our equipments (SmartWorkout Elite, SmartWorkout Pro, and SmartWorkout Bar) are covered by a 5-year warranty against any production defects and breakage resulting from normal use of the equipment.

The warranty does not cover damages resulting from non-compliance with safety rules and instructions. All warranty claims will be evaluated before being accepted.

Examples not covered by the warranty (non-exhaustive list) :

- A bar falls to the ground and the fastening ring gets damaged ;
- A higher load than the recommended maximum load is used, and an accessory breaks ;
- A band is used with a wooden pole, and it gets scratched ;
- An exercise is performed incorrectly: the feet block the bands too close to their ends, causing the band to stretch more than 4 times its length, leading to its breakage (often near the end of the band).

Examples covered by the warranty (non-exhaustive list) :

- The fabric of a handle unravels, rendering the handle unusable ;
- A hole forms in a band while all usage recommendations are followed ;
- The screw thread of the bar gets damaged, compromising the use of the bar.

The natural wear and tear of the resistance bands (whitening of the elastics due to exposure to air) is not covered by the warranty as it does not compromise their use.

Our warranty policy includes free replacement of the damaged part, but we charge shipping fees ranging from 6€ to 15€ depending on the dimensions of the part :

- Resistance band and carabiner: 6€
- Accessory (excluding bar): 8€
- Bar: 15€

Additional fees may apply for shipments outside the EU.



SMARTWORKOUT